

August 2010

THE FRUIT AND VEGGIE BUZZ

The Newsletter for the Fresh Fruit and Vegetable Program

Pomegranate



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FFVP Website

Grant Page- A variety of annual grant opportunities are listed for an assortment of projects from the development of a classroom garden to the enhancement of physical activity programs. This was designed to give schools the opportunity to apply for grants to increase nutrition and physical activity within the school.

http://www.doe.in.gov/food/freshfruit_vegetable/pdf/Annual_Grant_Opportunities.pdf

Fresh Fruit and Vegetable Fact Sheets– This page provides an activity game for students and fun facts about many different types of fresh fruits and vegetables.

http://www.doe.in.gov/food/freshfruit_vegetable/resources.html

Training Webpage– This page has a wide range of materials and resources for schools participating in the Fresh Fruit and Vegetable Program. There is a handbook offering guidance, a training PowerPoint, an action plan template, and example plan to help schools prepare for the upcoming year.

http://www.doe.in.gov/food/freshfruit_vegetable/training.html

Newsletters– Old and current newsletters are posted on this website. Check out past newsletters to get great ideas for your FFVP.

http://www.doe.in.gov/food/fresh_fruit/pdf/

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USDA Toolkit

This toolkit provides webcasts, templates, PowerPoint presentations, fact sheets, and materials from other State agencies designed to help educators put together a successful Fresh Fruit and Vegetable Program in their school.

<http://www.fns.usda.gov/cnd/ffvp/Toolkit/FFVPtoolkit.htm>



Contact Sarah Kenworthy at skenworthy@doe.in.gov for your school to be featured in the next FFVP Buzz.

More Matters

To ensure the success of the Fresh Fruit and Vegetable Program, nutrition education must be implemented inside and outside the classroom. This link provides activities schools are using to educate students, such as daily announcements with fun nutrition facts; creating a school newsletter that the students can take home to share with their parents; or planting an outside garden or a potted garden indoors.

http://www.doe.in.gov/food/fresh_fruit/pdf/ideas.pdf



School Breakfast to School Wellness Partnership

In an effort to promote school wellness in more than 90 nationwide schools, Action for Healthy Kids and Kellogg's Corporate Citizenship Fund are partnering up with school buildings to enhance and expand the school breakfast programs. Through increased participation, the breakfast program will aid schools in the prevention or reduction of childhood obesity while having a positive impact on student attendance and learning. Action for Healthy Kids will offer management, expertise, and manpower to make these positive changes impacting kids, schools, and communities. Additional funding will be available to implement *Game On! The Ultimate Wellness Challenge* in primary schools and *Students Taking Charge* in secondary schools. Check out the website below for more information:

<http://www.actionforhealthykids.org/school-breakfast-to-school.html>

USDA Farm to School Informa-

Farm to School Team Update is a short PowerPoint presentation discussing current team information. It provides a brief recent history of farm to school, introduction and goals of the team, site visit locations, the USDA Farm to School website, and additional websites that will keep you connected. Further information can be found on the website: <http://www.slideshare.net/TakingRoot/usda-farm-to-school>

In the PowerPoint presentation of Procuring Food for the School Meals Programs: 101, you will find a summary of school meal programs, how purchases are made, mechanisms for schools to use when purchasing local farm products, impact of the 2008 Farm Bill on purchases, and

suggestions for schools on how to connect with local farmers. <http://www.slideshare.net/TakingRoot/procuring-food-for-the-school-meals-programs-051910>

USDA Procurement Overview is a PowerPoint that discusses the USDA mission statement, types of purchases, recipients of USDA programs, information about programs, ordering procedures, AMS pre-award procedure, vendor approval, invitation offer, bidding, and small business support material.

<http://www.slideshare.net/TakingRoot/ams-commodity-procurement-information>



Fresh Fruit & Vegetable Article

“Maryland Researchers Find Kids Will Eat Fruits And Vegetables at School-With a Little Help”- University of Maryland has released preliminary outcomes of a study that has shown there are a variety of ways to get children to eat more fruits and vegetables.

This article features a study to examine if a school-based intervention focusing on increasing children's intake of fruits and vegetables will work. Find out the results at: <http://www.newsdesk.umd.edu/scitech/release.cfm?ArticleID=1726>

Instructional Videos

The website Fruits and Veggies More Matters offers instructional videos on how to cut and prepare fresh fruits and vegetables. This resource provides visual aids to help guide a school through the process. There are videos with instructions on how to prepare recipes with a variety of fruits and vegetables which can be a great resource for parents and teachers.

<http://www.fruitsandveggiesmorematters.org/video/VideoCenter.php>

Fresh Fruit and Vegetable Game

Grade Level: Kindergarten

I created this lesson plan for children 3-5 years of age. They enjoyed looking at the cutouts and identifying the names of them, their favorite kinds, and if the food was a fruit or vegetable. Overall it is a basic introduction to food groups.

Advance Prep

- Find a desk large enough to display about 10-12 cutouts.
- Pre-select the types of cutouts which should include foods recognizable to a 3-5 year old. Some suitable fruits and vegetables are: apple, pear, banana, pineapple, grapes, broccoli, cauliflower, peas, corn and green beans.
- Create fruit and vegetable cutouts or buy some online.

What To Do

1. Before you get started you will need several different types of fruit and vegetable cutouts. About 5 from each group.
2. To get the students attention spread cutouts over the desk. Allow students to individually approach at their leisure.
3. One-by-one point to each cutout and have the student identify the food. Ask questions such as, “are any of these fruits or vegetables your favorite?”
4. Separate one cutout from the group and ask the student to identify whether it is a fruit or a vegetable.
5. After finishing the game, discuss the types of fruits and vegetables that may be consumed at home. Inform the children about the benefits of eating fruits and vegetables as part of a healthy diet. Benefits include: providing nutrients important for growth, and are a healthier, tasty alternative to candy bars and chips because they are all natural and not loaded with fat.
6. To get an idea of students experience with fruits and vegetables ask them if any of the cutouts they see are ever eaten at home.

Fruits

